



DE ONE DAY INTENSIVE

AUGUST 8TH, 2026

AGES 5 TO ADULT



MINIS (AGES 5-7): STUDIO B

8:40-9:30 AM- TECHNIQUE WITH MELISSA ANN

9:50 AM – 10:40 AM - PRECISION JAZZ WITH ALLY TYRNA

10:40 AM – 11:30 AM - LUNCH BREAK

11:30 AM- 12:20 PM LYRICAL - TYLER MUHLENKAMP

12:30 PM – 1:20 PM HIP HOP - NICOLE VANLANDINGHAM

1:35 PM – 2:25 PM BALLET - CHADWICK PETERS

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FULL DAY MINIS - \$60 FREE STRETCH

PER CLASS - \$15

JUNIORS (8 - 12): STUDIO C

8:00 AM – 8:30 AM - STRETCH AND PREPARE

8:30-9:30 AM- PRECISION JAZZ WITH ALLY TYRN

9:30 AM – 10:30 AM - TECHNIQUE WITH MELISSA ANN

10:45 AM – 11:45 AM - BALLET - CHADWICK PETERS

11:45 AM- 12:45 PM LUNCH BREAK

12:45 PM – 1:45 PM LYRICAL - TYLER MUHLENKAMP

1:45 PM – 2:45 PM BALLET - BOLLYWOOD

2:45 PM – 3:45 PM HIP HOP - NICOLE VANLANDINGHAM

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Dance Expressions

204 West Heritage Drive

Friendswood, TX

281-996-6000

FULL DAY JUNIORS - \$99 - FREE STRETCH

PER CLASS - \$20





DE ONE DAY INTENSIVE

AUGUST 8TH, 2026



TEENS (13 - 19): STUDIO A

8:00 AM - 8:30 AM - STRETCH AND PREPARE
8:30-9:30 AM- LYRICAL - TYLER MUHLENKAMP
9:30 AM - 10:30 AM - BALLET - CHADWICK PETERS
10:45 AM - 11:45 AM - TECHNIQUE WITH MELISSA ANN
11:45 AM- 12:45 PM PRECISION JAZZ WITH ALLY TYRN
12:45 PM - 1:45 PM LUNCH
1:45 PM - 2:45 PM HIP HOP - NICOLE VANLANDINGHAM
2:45 PM - 3:45 PM TURNS AND LEAPS WITH TYLER
3:45 PM - 4:45 PM - BOLLYWOOD

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FULL DAY TEENS - \$125 - FREE STRETCH
PER CLASS - \$20

ADULTS: STUDIO D

8:00 AM - 8:30 AM - STRETCH AND PREPARE
8:30-9:30 AM- BALLET - CHADWICK PETERS
9:30 AM - 10:30 AM -LYRICAL - TYLER MUHLENKAMP
10:45 AM - 11:45 AM - HIP HOP - NICOLE VANLANDINGHAM
11:45 AM- 12:45 PM TECHNIQUE WITH MELISSA ANN
12:45 PM - 1:45 PM LUNCH
1:45 PM - 2:45 PM PRECISION JAZZ WITH ALLY TYRN
2:45 PM - 3:45 PM BOLLYWOOD

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FULL DAY ADULTS - \$99 - FREE STRETCH
PER CLASS - \$20



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www.danceexpressions.net/intensive